WHAT IS CLAIMED IS:

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- 1. A method of fabricating a steel part by forging, the method being characterized by the following steps:
- preparing and casting a steel having the following 5 composition in percentages by weight: $0.06\% \le C \le 0.35\%$; $0.5\% \le Mn \le 2\%$; traces $\le Si \le 2\%$; traces $\le Ni \le 1.5\%$; traces $\le Al \le 0.1\%$; traces $\le Cr \le 1.5\%$; traces $\le Mo \le 0.30\%$; traces $\le V \le 0.5\%$; traces $\le Cu \le 1.5\%$; the remainder being iron and impurities that result from preparation;
 - \cdot forging a blank for the part at a temperature in the range 110°C to 1300°C:
 - cooling the blank for the part in controlled manner in still or forged air at a speed less than or equal to 3°C/s in the range 600°C to 300°C, thereby imparting a bainite microstructure to the blank;
 - · machining the part; and
 - performing a mechanical reinforcing operation on the part at locations that are to be subjected to particularly high levels of stress.
 - 2. A method according to claim 1, wherein the steel contains 5 ppm to 50 ppm of B.
- 25 3. A method according to claim 1, wherein the steel contains 0.005% to 0.04% of Ti.
- 4. A method according to claims 2 and 3 taken together, wherein the steel contains 0.005% to 0.04% of Ti, and wherein the Ti content is equal to not less than 3.5 times the N content of the steel.
 - 5. A method according to claim 1, wherein the steel contains 0.005% to 0.06% of Nb.
 - 6. A method according to claim 1, wherein the steel contains 0.005% to 0.2% of S.

7. A method according to claim 6, wherein the steel contains at least one of the following elements: Ca up to 0.007%; Te up to 0.03%; Se up to 0.05%; Bi up to 0.015%; and Pb up to 0.15%.

- 8. A method according to claim 1, wherein the C content of the steel lies in the range 0.06% to 0.20%.
- 9. A method according to claim 8, wherein the Mn content of the steel lies in the range 0.5% to 1.5%, and wherein the Cr content lies in the range 0.05% to 1.5%.
- 10. A method according to claim 8, wherein the Cu content of the steel lies in the range 0.5% to 1.5%.
 - 11. A method according to claim 1, wherein the C content of the steel lies in the range 0.25% to 0.35%, the Si content lies in the range traces to 0.5%, the Mn content lies in the range 0.8% to 2%, the Cr content lies in the range 0.5% to 1.5%, the Mo content lies in the range 0.05% to 0.20%, the B content lies in the range 5 ppm to 50 mm, and the Ti content lies in the range 0.005% to 0.04%.

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- 12. A method according to claim 1, wherein the C content of the steel lies in the range 0.20% to 0.35%, the Si content lies in the range 0.5% to 2%, the Mn content lies in the range 0.8% to 2%, the chromium content lies in the range 0.5% to 1.5%, the molybdenum content lies in the range 0.05% to 0.20%, the boron content lies in range traces to 50 ppm, and the Ti content lies in the range 0.005% to 0.04%.
- 35 13. A method according to claim 12, wherein annealing is performed in the range 300°C to 500°C for a period of 1 h

- to 3 h after machining or after controlled cooling in air and prior to machining.
- 14. A method according to claim 1, wherein the mechanicalreinforcing operation is burnishing.
 - 15. A steel forging, obtained by the method according to claim 1.
- 10 16. A steel forging according to claim 15, constituting a crank shaft for an IC engine.
 - 17. A steel forging according to claim 16, wherein the mechanical reinforcing operation is performed on the
- 15 fillets connecting the crank pins and the bearings of the crank shaft.